

ACTIVITY: MAKING CONNECTIONS WITH OTHERS

Resilience Focus Area: **Emotions and Behaviour**

Learning Outcomes

- To think about who we have in our circle and how we make connections with others
- To think about the skills and qualities we have
- To get the group working together
- To give the group a space and time to talk about any worries or concerns



Time	Activity	Method	Resources
5 mins	SIGN IN & CHECK IN	Ask young people to complete Sign In sheet Ask the group to say how they are feeling from 1-10 and if they want to share why	Sign In Sheet Pen
2.5 mins	WELCOME & LEARNING EXPECTATIONS	Explain to the young people we are working with what the aims and objectives of the session are.	Pen Flipchart
2.5 mins	ICEBREAKER 1-MINUTE MASTERPIECE	Ask the group to pair up and sit facing each other. Handout paper and pens. Ask the group to look at their partner and study their features as they have just 60 seconds to draw them WITHOUT looking at the paper. After the time is up, ask them to share what they have drawn. Ask the group why they thought they were asked to do this activity. Simply to laugh!	One –minute master piece PPT Paper Pens
10 mins	DISCUSSION HOW DO WE CONNECT WITH OTHERS?	Ask the group to think about who they have in their circle/network and how they made those connections and why. Look at common themes and highlight the importance of finding things in common as a starting point. Discuss how they much they know about others in the group and how they can find out more.	Flipchart Pens

Time	Activity	Method	Resources
10 mins	ACTIVITY FIND SOMETHING SPECIAL IN OTHERS	Handout the worksheet to young people and ask them to talk to others in the room to see if they can match them to any of the statements. If so, they write their name in the box. The idea is to complete the whole sheet using the same person no more than three times and not adding in your own name either.	Find Something Special worksheets Pens
10 mins	DISCUSSION FEEDBACK ON ACTIVITY	Go through the answers on the worksheet and see who has the skills. Make connections between things they didn't know and shared interests etc. Award prize for who completed the worksheet first.	Prize
10 mins	ACTIVITY SKILLS, QUALITIES, TALENTS & INTERESTS	Ask the group to think of all their skills, qualities, experiences, talents & interests. All the factors that make them who they are. Handout the 'body shape' worksheet to the young people and ask them to draw or write down all of these attributes they have. Ask others in the group to help with suggestions.	Pens Body outline worksheets
5 mins	DISCUSSION FEEDBACK ON ACTIVITY	Ask the group to share some of the skills, qualities, talents and interest they have drawn or written. Ask where that matches with others in the group e.g. I am learning to play the guitar too, etc. Ask others in the group if there are additional things to add in.	

Time	Activity	Method	Resources
	EXTENSION ACTIVITY FIVE THINGS I LIKE ABOUT ME – SELF PORTRAITS	Handout the templates and ask the group to draw a self-portrait. Ask them to identify 5 things they like about themselves and write them down. If happy to, ask them to share with the group.	Self Portrait template sheets Pens
5 mins	EVALUATION & CLOSE SESSION	Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms. And finally, check out with everyone as before	Evaluation Forms Pens



To access more resources, information
and advice visit

www.KentResilienceHub.org.uk

www.MoodSpark.org.uk

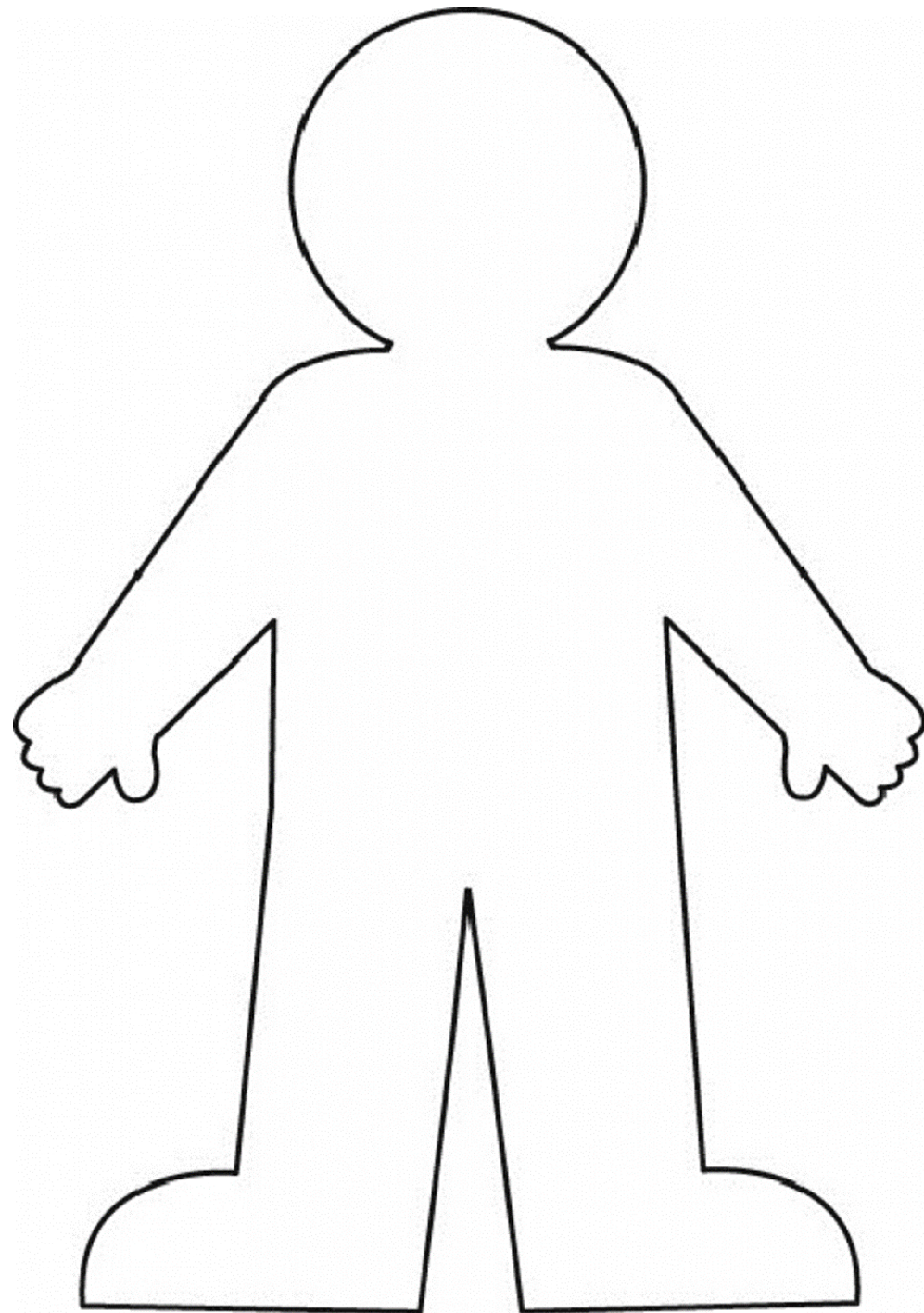


ICE-BREAKER

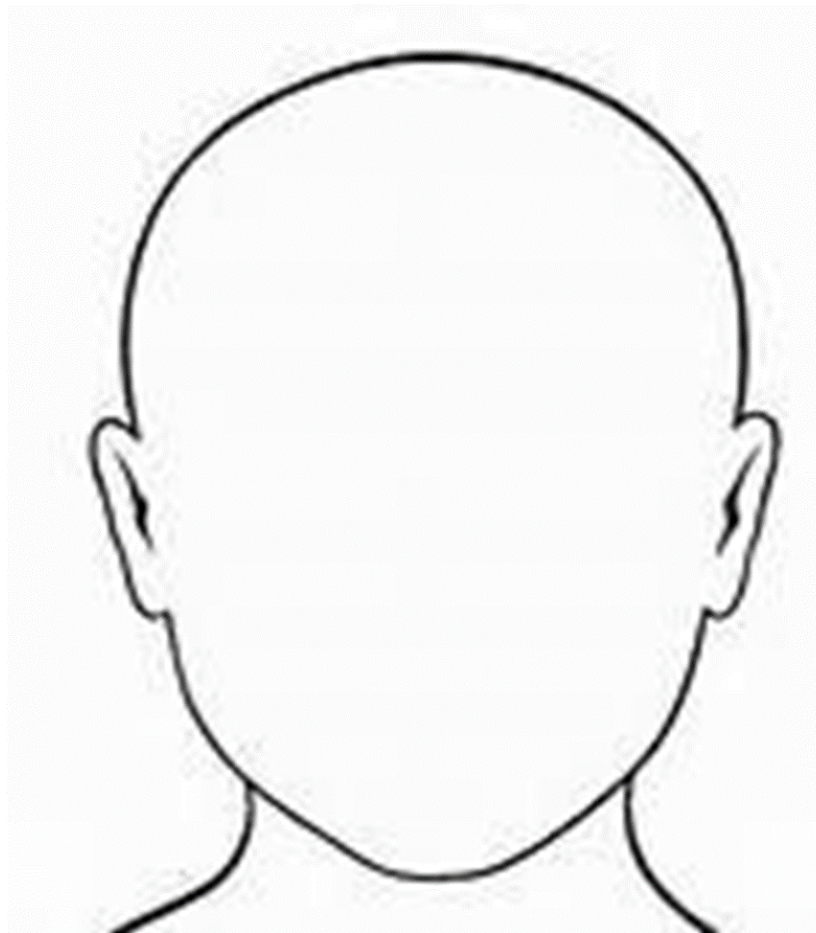
THE 1-MINUTE MASTERPIECE

WITHOUT LOOKING AT THE PAPER, DRAW A
PORTRAIT OF YOUR PARTNER





5 things I like about me



1	
2	
3	
4	
5	